

Delaware Family YMCA Group Fitness Schedule

March 2024



MEMO: Members do not forget to ask about our March Madness Challenge! More information at the front desk of your local YMCA!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym 6:00AM-8:00AM 11:00AM-1:00PM 3:00PM-7:45PM	Open Gym 6:00AM-8:00AM 11:00AM-1:00PM 3:00PM-7:45PM	Open Gym 6:00AM-8:00AM 11:00AM-1:00PM 3:00PM-7:45PM	Open Gym 6:00AM-8:45AM 3:00PM-7:45PM	Open Gym 6:00AM-8:00AM 11:00AM-1:00PM 3:00PM-7:45PM	Open Gym 11:00AM-12:45PM
Pickleball 8:00AM-11:00AM	Pickleball 8:00AM-11:00AM	Pickleball 8:00AM-11:00AM	Pickleball 10:00AM-1:00PM	Pickleball 8:00AM-11:00AM	Pickleball 8:00AM-11:00AM
Beginner Pickleball 1:00PM-3:00PM	Beginner Pickleball 1:00PM-3:00PM	Beginner Pickleball 1:00PM-3:00PM	Beginner Pickleball 1:00PM-3:00PM	Beginner Pickleball 1:00PM-3:00PM	
Pilates Choon 6:00AM-6:45AM (Studio)	Zumba Evelyn 9:00AM-9:45AM (Studio)	Body Pump™ Becky 6:15AM-7:00AM (Studio)	Cardio Drum Evelyn 9:00AM-9:45AM (Gym)		Zumba Brenda 10:00AM-10:45AM (Studio)
Yin Yoga Choon 7:00AM-7:45AM (Studio)	Silver Sneakers Classic® Claudia 10:00AM-10:45AM (Community Room)	Silver Sneakers Classic® Claudia 11:15AM-12:00PM (Community Room)	Silver Sneakers Classic® Claudia 10:00AM-10:45AM (Community Room)		
Silver Sneakers EnerChi Choon 8:00AM-8:45AM (Community Room)	Yoga Katerina 5:00PM-5:45PM (Studio)	Pilates Annette 5:00PM-5:45PM (Studio)	Beginners Total Body Workout Nichole 11:00AM-11:45PM (Studio)		
Chair Yoga Choon 9:00AM-9:45AM (Community Room)	Body Pump™ Katerina 6:00PM-6:45PM (Studio)	HITT Annette 6:00PM-6:45PM (Studio)	Zumba Nichole 12:00PM-12:45PM (Studio)		
Silver Sneakers Classic® Annette 11:15AM-12:00PM (Community Room)			Yoga Melissa 5:00PM-5:45PM (Studio)		
Pilates 5:00PM-5:45PM Annette (Studio)			Zumba Brenda 6:00PM-6:45PM (Studio)		

**Branch Hours: Monday thru Friday 6:00AM-8:00PM
Saturday 8:00AM-1:00PM**

Child Watch: Mon, Wed, Thurs: 5:00PM – 7:30PM
Tues: 5:30PM – 7:30PM
Sat: 9:00AM – 12:30PM

Ages 3 months-12 years *YMCA Members only*

Child Watch is a benefit for Y family members (Families with Children or Individual Parent Family membership) who are involved in on-site programming. Children are supervised in a safe environment with games and activities to keep them happy while parents/guardians participate in Y programs or activities. Parents/guardians must stay on the premises. We recommend that babies be brought in with an infant seat.

WELLNESS CENTER

CHILDREN UNDER THE AGE OF 10 ARE NOT PERMITTED IN THE WELLNESS CENTER

Ages 10-11

- Must complete orientation
- Must be accompanied by an adult at all times
- Allowed to use track and cardio equipment
- Not allowed to use free weight equipment
- May participate in group exercise classes if accompanied by an adult and at the discretion of the instructor

Ages 12-14

- Must complete orientation
- Do not need to be accompanied by an adult
- Allowed to use track and cardio equipment
- Allowed to use some strength training equipment (Ask staff to advise)
- Not allowed to use free weight equipment

Ages 15 & up

May use Wellness Center, track, and attend group exercise classes independently

Other Age Requirements

- Open/Lap Swim: 12 years old (must pass a swim test)
- Sauna: 18 years and up

***Care, Honesty, Respect, and Responsibility is our motto here at the YMCA. If you cannot adhere to our motto, the YMCA member code of conduct, and our safety standards, we reserve the right to ask you to leave. Further action may be taken depending on the offense.**

**Schedule subject to change. For more information, please call the Delaware Branch at (716) 875-1283. *Denotes registration required*